

**There is no right or wrong way to make the award!
YOU set the goal, the pace and the timescale!**

Ideas for making the award in your RDA Group

Why not ask family, carers or teachers for help and ideas, too? Be as creative as you like! Here are some suggestions for different RDA activities:

Social Skills and Awareness:

Being a good friend to others in the group, making others smile each week, learning to wait politely for your own turn, showing that you can listen to instructions, showing that you can keep quiet and calm in sessions.

Horse Care & Stable Management:

Recognising and being able to name the group's horses, being able to help to muck out, helping to choose the right tool for the job, learning to identify different types of bedding, helping to put the tack away nicely after each session.

Riders:

Why not use small, achievable goals to plan lessons; breaking down each session into separate achievable and rewarding tasks? Showing improvement in concentration, greeting and acknowledging the session helpers each week, overcoming any fear or nervousness around horses, showing you can always dress correctly and safely for your riding sessions, being able to mount without hesitation, thanking the horse nicely after each session, showing improvement in sitting in balance each week, moving on from walk to trot, riding confidently off the lead rein, following a course of poles on the ground unaided., for the first time.

Carriage Drivers:

Showing good concentration in the carriage, greeting the horse and helpers in a kind manner, giving verbal commands to the horse, learning some parts of the harness.

Vaulters:

Showing improved confidence on the barrel, working well as part of a team, being able to wait patiently for your turn, learning some new moves you've found hard before.

For further information, ideas and support—or to order your FREE resources, please contact Marisa Bretherton-Mackay at RDA National Office:

Telephone 01926 405973 or email marisa@rda.org.uk